

GETTING STARTED WITH FUTSAL

INDIAN FOOTBALL. FORWARD TOGETHER

#FUTSALFORALL



Dear Reader,

Futsal is one of the fastest-growing sports in the world. Its growth has been recognised by FIFA and AFC for many years. AIFF and our Member Associations recognise this huge opportunity to grow the sport in India and we have committed ourselves to its long term development.

The purpose of this document is to provide all our stakeholders with a clear understanding of the AIFF objectives and plans for the development of Futsal. We also want to provide a few simple yet useful tools that you could use to develop futsal in your region.

For any support, please write to futsalandbeachsoccer@the-aiff.com

We wish you all the best.

INTRODUCTION TO FUTSAL

Futsal is an exciting and fast-paced indoor sport that is played across the world and is recognised by FIFA and the AFC. It is a 5v5 small-sided game, played with a smaller, low-bounce futsal ball and on smooth surfaces with touchlines. It is a great sport to develop skills as it demands quick thinking and reflexes, creative dribbling and accurate passing of the ball. The players quickly learn to be creative on the pitch. Futsal is credited by many of the world-class footballers for developing their football skills in their early years.

The origin of Futsal goes back to 1930 in Uruguay, where football rules were modified to give its participants a chance to play the game unaffected by weather conditions. The term futsal comes from two words viz 'futbol' and 'sala' which can be translated as indoor or hall football. Over the years, the sport has developed, the rules have been defined, and has spread widely over 170 countries.

Futsal is a type of football that is played:

- Indoors or Outdoors
- On a reduced-sized pitch
- With reduced-sized goals
- With smaller teams (4 outfield players + 1 goalkeeper)
- With a size 4 Futsal ball, that has less bounce
- With all players getting more touches of the ball; high-speed action and lots of shots on goal
- With special rules that make the game fast, dynamic, non-violent and enjoyable
- In two 20-minute periods (excluding stoppages)
- With an unlimited number of substitutions
- With no offside

WHY FUTSAL?

DEVELOPMENT OF PLAYERS

The characteristics of the game, such as fewer players, a smaller pitch, the special futsal ball and an unlimited number of substitutions

- increases contact with the ball and shots on goal
- limits time and space to control and pass the ball
- favours quick decision making
- favours a dynamic playing system and the rotation of positions
- involves and motivates all players
- facilitates accurate passing and makes futsal the perfect tool to develop and improve technique, tactical understanding, agility, coordination and also the players' speed in both futsal and 11-a-side football.

ACCESSIBILITY

- Little infrastructure is required
- It is possible to use existing facilities (e.g. schools, universities, sports centres, etc.)
- It is easy to start playing because not many players are needed
- It is accessible in regions and communities where it is difficult to play 11-a-side football due to the climate or because of the lack of space (e.g. large cities, isolated communities)

NEW OPPORTUNITIES

New careers for players, coaches, referees, administrators, etc. New engagement and partnership opportunities for organisations including Government, AIFF Member associations, sponsors, schools, colleges, universities

A new way to engage players, fans, coaches, referees, administrators, sponsors

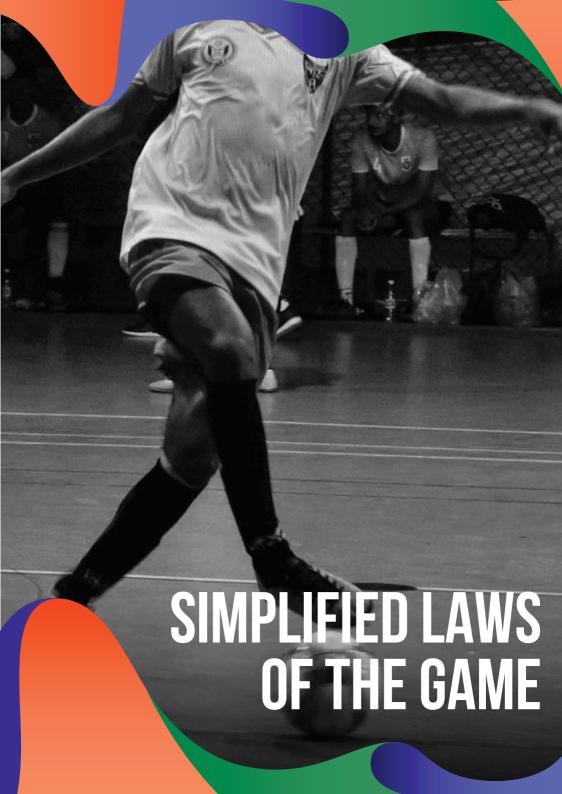


MARKETING, ADVERTISING AND THE MEDIA

- One of the fastest-developing sports in the world
- Associated with football, but a new opportunity to market
- An attractive game (lots of goals, creative skills from a close view)
- The indoor nature of the game makes it a new focus for marketing and advertising

A COMPLEMENT TO FOOTBALL

- A potential first step to 11-a-side of football, producing high-quality players and simplifying the coaching and educational development of many children, using fewer resources
- It expands the football base: futsal attracts more players and fans
- Diversification of the activities of a football association and extension of activities, both indoors and outdoors
- The only version of indoor football approved by FIFA, AFC and AIFF



Law 1: The Field of Play

- Pitch surface: smooth, non-abrasive
- Dimensions: length 25 to 42 m and width 16 to 25 m
- Penalty mark: 6 m from the goal
- Second penalty mark: 10 m from the goal
- Handball goals are used: 2 m x 3 m

Law 2: The Ball

The ball does not bounce excessively: dropped from a height of 2 m, it should not bounce more than 65 cm or less than 50 cm.

Law 3: The Players

- 5 players on the pitch, one of whom is the goalkeeper
- 9 substitutes for official competitions
- An unlimited number of substitutions (changes) can be made during a match
- A substituted player may, in turn, become a substitute
- A substitution can be made whether the ball is in play or not
- If a player is sent off, the team can add a player on the pitch after 2 minutes or the opposing team scoring a goal.

Law 4: The Players' Equipment A player should wear a shirt with sleeves, shorts, socks, shin guards and footwear. The two teams must wear colours that distinguish them from each other. Bibs to be worn by substitutes.

Law 5: The Referee

Each match is controlled by two referees: The referee and the second referee

Law 6: The Other Match Officials

Two additional officials may be appointed (a third referee and a timekeeper)

Law 7: The Duration of the Match

- A match comprises two periods of 20 minutes each of actual play
- All stoppages of play are disregarded (the clock is stopped)
- Each team is entitled to a one-minute time-out in each period
- The half-time interval must not exceed 15 minutes
- The timekeeper indicates the end of each period with an acoustic signal
- If the ball has been kicked towards one of the goals, the referees must wait for the kick to end

Law 8: The start and restart of play

A kick-off starts both periods of a match and both periods of extra time and restarts play after a goal has been scored. Free kicks (direct or indirect), penalty kicks, kick-ins, goal clearances and corner kicks are other restarts.

Law 9: Ball in and out of play

The ball is out of play when:

- it has wholly passed over the goal line or touchline on the floor or in the air
- play has been stopped by the referees;
- ullet it hits the ceiling.

Law 10: Determining the outcome of a match

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Law 12: Fouls and Misconduct	 These are the same as for football, except that an indirect free kick is awarded to the opposing team if a goalkeeper: controls the ball with their hands or feet in their own half of the pitch for more than four seconds after playing the ball, they touch it again in their own half of the pitch after it has been deliberately kicked to them by a team-mate without an opponent playing or touching it

There is no offside in futsal.

Law 13: Free kicks

Law 11: Offside

- When a team has accumulated 5 fouls in a period (sanctioned by direct free kicks), then from the sixth foul onwards, direct free-kicks without a defensive wall 10 m or less from the goal line are awarded
- The player taking the free-kick without a wall may not pass the ball to a team-mate and must shoot directly at goal

Law 14: The Penalty Kick

A penalty kick is awarded if a player commits a direct-free-kick offence inside their penalty area from the 6m mark.

Law 15: The Kick-in

A kick-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline on the floor or in the air, or when the ball hits the ceiling while in play.

Law 16: The Goal Clearance

If the attacking team touches the ball last before it crosses the goal line, a goal clearance is awarded to the defending team.

The ball is thrown from any point inside the penalty area by the goalkeeper of the defending team and within four seconds of being ready to do so.

• A goal cannot be scored directly from a goal clearance

Law 17: The Corner Kick If the defending team touches the ball last before it crosses the goal line, a corner kick is awarded to the attacking team.

KEY POINTS TO REMEMBER

Four Seconds

A player has 4 seconds to restart play or possession goes to the other team. A goalkeeper is not allowed possession of the ball for more than 4 seconds during play.

5 Metres

Defending players are required to keep 5 metres distance from the ball during the restart of play.

For detailed FIFA Futsal Laws of the Game, click here

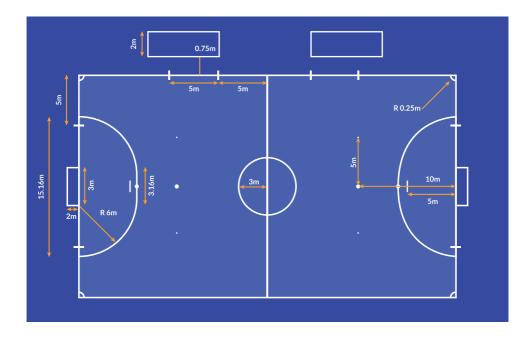


This section aims to facilitate the organization of futsal events at an international, national and grassroots level. As Futsal grows in India, one of the key challenges would be to ensure appropriate facilities for all levels of play. For elite events, the facilities will have to meet the standards of the Futsal Laws of the Game however for other events, existing facilities from other sports can be modified to enable Futsal in the communities.

Tournament	Length (Minimum)	Length (Maximum)	Width (Minimum)	Width (Maximum)
International	38m	42m	20m	25m
National	38m	42m	20m	25m
Amateur/Grassroots	25m	42m	16m	25m

In addition, a 2m runoff is recommended around the perimeter of the pitch. A standard Futsal pitch should conform to the following dimensions below:

INTERNATIONAL AND NATIONAL EVENTS

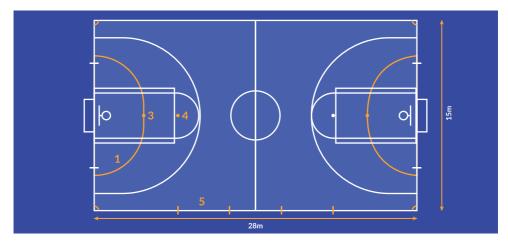


ADAPTING EXISTING FACILITIES FOR FUTSAL

For youth and community events, the existing facilities for other sports can be converted into Futsal pitches to maximise the availability of futsal infrastructure. The following are ways to convert venues for Basketball, Handball and Netball for accommodating Futsal pitch with the help of additional markings.

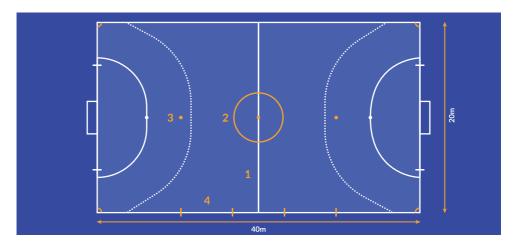
1. Futsal and Basketball:

To convert an existing basketball court into a futsal pitch, the following markings are necessary. **1.** Penalty Area | **2.** Corner Arcs | **3.** 6m Penalty Spot | **4.** 10m Penalty Spot and | **5.** Substitution Zones/Technical Area.



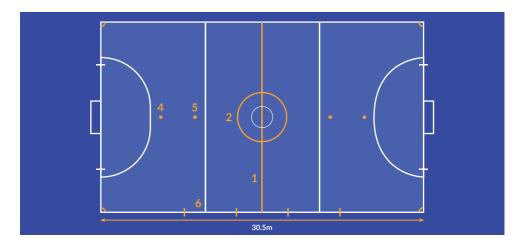
2. Futsal and Handball:

To convert an existing handball court into a futsal pitch, the following markings are necessary. **1.** Corner Arcs | **2.** Halfway Circle | **3.** 10m Penalty Spot | **4.** Substitution Zones/ Technical Area.



3. Futsal and Netball:

To convert an existing Netball court into a futsal pitch, the following markings are necessary. **1.** Halfway Line | **2.** Halfway Circle | **3.** Corner Arcs | **4.** 6m Penalty Spot | **5.** 10m Penalty Spot and | **6.** Substitution Zones/Technical Area.



NOTE

Three key factors that we must keep in mind are:

- 1) using a futsal ball
- 2) playing on a smooth surface and
- 3) using a $3m \times 2m$ portable goal post. For recreation, futsal can be played outdoors if indoor facilities are not available.

Many multisports arenas can easily be converted and used for futsal with simple change in field markings.



Futsal aims to bring a lot of benefits to those who play it. Apart from enjoying the game, players can benefit from learning skills and making quick decisions. The fast-paced nature of the game is enjoyable for players and spectators alike. While organizing a Futsal tournament, it is paramount to offer a genuine futsal experience in a safe environment.

The key aspects to consider while organizing a tournament are:

Genuine Futsal Experience:

The most important thing to remember while organizing a tournament is to provide a genuine experience of futsal and not just of indoor football. The closer you get to the real game, the more the players will enjoy the experience.

Rules and Regulations:

Setting out rules and regulations while planning a tournament is mandatory. These will regulate the rights, duties and responsibilities of all the stakeholders involved in the preparation and organization of the tournament. Guidelines should clearly indicate player participation, team registration, size, format and duration of the tournament, competition rules, and awards and prizes.

Facilities:

Remember Futsal is played indoors on a smooth and flat surface. Sometimes you may face challenges while securing a facility for a Futsal tournament but nothing that can't be overcome. Please refer to the Facility Guide of this Handbook to understand how to convert existing facilities for futsal activity.

Ball and Equipment:

It is mandatory to play with a size 4 Futsal ball. The Futsal ball is smaller and bounces less than a normal football. The goalposts are 3m in width and 2m in height. The players should wear a shirt with sleeves, shorts, socks, shin guards and footwear. The substitutes should wear bibs.



Coach Education:

Futsal may present a few challenges to the coaches' understanding of the laws of the game and different game tactics. We recommend that coaches undergo training to have a basic understanding of Futsal. Coaches can apply for Futsal Coaching Courses at the AIFF Coach Education Courses portal

Referee Education:

A tournament can't be conducted without match officials and it is essential to recruit referees who understand the FIFA Futsal Laws of the Game. We strongly recommend that you consider approaching AIFF certified referees for this purpose.

Communication with stakeholders:

The league organizer should successfully liaise with teams that wish to participate in the tournament. The organizer needs to ensure that the participating teams are well informed about the registration process, rules and regulations, fixtures, dates and venue of the tournament.

Sponsors:

Sponsors are an essential part of a tournament. Have you reached out to a potential sponsor? Have you reached out to an equipment manufacturer for a partnership? It's important to think about the long term and mutually beneficial relationships.



The All India Football Federation is pleased to launch its Futsal Development Plan which aims to create a culture of Futsal across the nation and pave the way for India to be represented in AFC and FIFA Futsal competitions. The plan aims to create opportunities for players, coaches, referees and other stakeholders to engage with the sport.

Our Vision

To establish Futsal as a mass sport, which complements Football and engages participation at all levels in India.

Our Mission

To develop, promote & grow Futsal for the benefit of the nation through:

- Implementing an inclusive development pathway and programs
- Inspiring mass participation
- Organising competitions
- Building and strengthening national teams

Our Goals

- Grow participation and spread the game
- Implement an inclusive development pathway for players
- Implement an inclusive development pathway for all stakeholders
- Promote and govern the sport assuring long term sustainability

Phases of the Futsal Development Plan

- Phase 1: Create the foundation
- Phase 2: Develop the sport
- Phase 3: Pursue excellence

Our Stakeholders

- FIFA AFC Government AIFF Member Associations Clubs
- Partners Coaches, Referees, Players Media, Fans and Parents

Action Plans

Action Plans

Objectives

DEVELOPMENT PHASES

PHASE 1 | Create the foundation

- Integrate Futsal in Golden Baby Leagues
- Introduce Futsal In Academic Institutions – Schools, Colleges, NGOs
- Ensure availability of Futsal equipment for children
- Raise Awareness, Visibility and General Futsal Knowledge
- Develop Futsal In States And Union Territories
- Availability of Futsal Infrastructure for all levels of play

- Participation And Holistic Development Pathway For All
- Futsal Development Tournaments & Festivals
- Ball Grant Scheme
- Resources For Stakeholders
- Member Association Strategic Development Plan
- Identify and Recognize Futsal Arenas
- Sport Policies For Safe And Quality Experience

PHASE 2 | Develop the sport

- Implement Futsal Competitions For Youth
- Implement Futsal Coach Education And Development Pathway
- Implement Futsal Referee Education And Development Pathway
- Implement Futsal Match Commissioner Education Program
- Develop Youth Futsal Through Major Stakeholders

- Girls And Boys U13 U20 Youth Competitions
- AFC Futsal Coaching Courses
- AIFF Referee Workshops
- Futsal Match Commissioner Workshops
- Recognition and Partnership with SAI and other stakeholders

PHASE 3 | Pursue Excellence

- Implement Futsal Competitions for seniors and elite players
- Strengthen coach and referee education programs at elite level
- Senior Men's and Women's Competitions
- National Teams
- Host AFC and SAFF Championships
- Implement focused programs for elite referees
- Accelerate elite level courses for eligible coaches



Schools will play an important role in introducing futsal to children. They will not only assist in developing healthy life habits but also in developing children as players. These places are a natural environment for enjoyable unstructured play and the AIFF is aiming to enhance children's futsal experience by providing parents, teachers and children with the expertise and tools to get started.

With the introduction of futsal in schools, we aim to maximise the time children spend engaged in physical activity and achieve the below objectives

- Use futsal as a tool for a child's development and enjoyment
- Encourage children to play futsal and chose to be active for life
- Raise awareness about opportunities and development pathways in Futsal

Children should be given opportunities to experience structured as well as unstructured play with minimal adult guidance.

Unstructured Playing Opportunities

- Before the bell rings Early morning futsal sessions
- After the bell rings Informal futsal sessions during break or after school closes
- Futsal festivals

Structured Playing Opportunities

- Golden Baby Leagues (U6-U12)
- Competitions (U13+)

Futsal in Schools has four components. The schools have the freedom to incorporate one or all in their program in order to maximise the benefits of children involved. Although mainly aimed at children aged U6-U12, the activities can be used for older children too. For any challenges or support in conducting such activities, please write to futsalandbeachsoccer@the-aiff.com and we will be happy to assist you.

Activities

Time: Games Period

Type: Structured and Unstructured

Personnel: Physical Education Teachers, Coaches Place: School indoor hall or field or playground

Aim: Develop fundamental movements and skills with

the futsal ball.

Small-Sided Games

Time: Before school starts, during break times or after school

Type: Unstructured

Personnel: Children leading organisation and playing games with

minimal adult guidance

Place: School indoor hall or field or playground

Aim: Let the game be the teacher

Festivals

Time: During or after school timings or during weekends

Type: Structured

Personnel: Physical Education Teachers, Coaches, Senior school

students, Parents

Aim: Enjoy, learn and make friends through Futsal

Competition

Time: Before or after school timings or during weekends

Type: Structured

Personnel: Physical Education Teachers, Coaches, Senior school

students, Parents

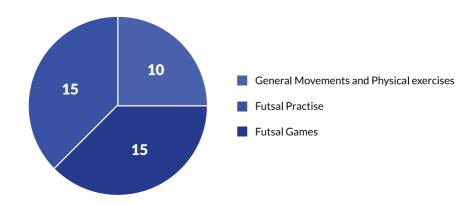
Aim: Enjoy, learn and make friends through Futsal

Activities

Futsal Activities can have the following elements

- 30-40 minutes of physical activity
- Minimal setup or equipment requirement
- Minimal guidance from physical education teachers or coaches
- Maximum playing time for children
- Safe, inclusive activities with a focus on enjoyment
- Children of all abilities and genders play together

Keep the sessions simple. All you need are futsal balls, bibs and cones to organise the session.



General Movements and Physical exercises (10 minutes): Fun activities that develop basic locomotor skills while complementing futsal skills development. Exercises may involve jumping, hopping, balancing, plank exercises, rolls etc. You may also consider FIFA 11+ for Kids.

Futsal Practise (15 minutes): Futsal activities that provide players to perform skills with added elements of timing, decision making, manoeuvring and creativity.

Futsal Games (15 minutes): Allowing players to participate in futsal games to explore learnt skills and use their creativity.

Small-Sided Games

Let the kids use their imagination. The coach should guide the children to conduct their own games. This will encourage them to organise play and make their own decisions, with guidance from physical education teachers or coaches. Let them play and fall in love with the game.

Following are examples of a few small-sided games that children could play. You will find more enjoyable games on the internet. All games can be played from 1v1 to 5v5 format but coaches will have to be mindful of playing time and area.

Winner Stays

There should be 3 to 4 teams for this. Two teams play a standard game in an allotted time. If one team scores, the team which conceded the goal has to move out of the pitch and the team that is outside comes in and starts the game from their own goal. If no team scores within the allotted time, then any one team goes out and the next one comes in as the pre-decided order. Outside teams have 10 seconds to start the play. In case there are 2 teams that are outside and no team scores, both playing teams go outside and 2 outside teams come in.



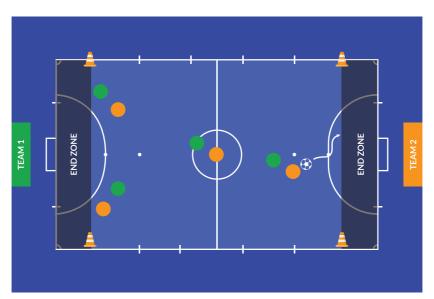
Gates

There are no goals but there are common gates that are randomly put on the field. The team scores a goal when they move the ball past the gate. Goals can be scored by passing to a teammate or dribbling through the gate or both. The next Goal has to be scored on a different gate. There should be one more gate than the total players on a team eg. in a 4v4 game, there should be 5 gates.



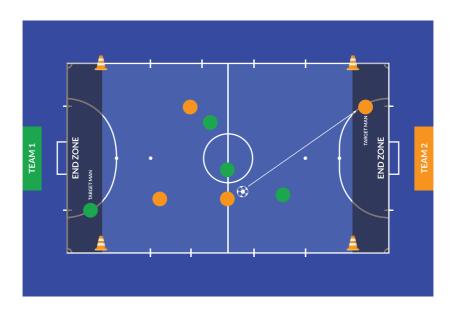
• Line Soccer

There are no goals in this game, but end zones. The players score by running with the ball over the opponent's end zone and put their foot on the ball to score.



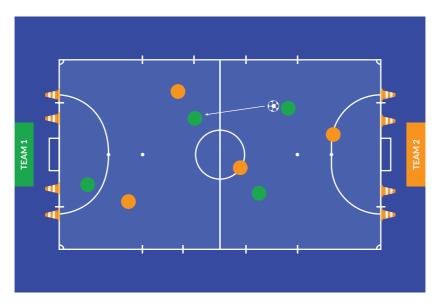
• Target Man

A variation of Line Soccer where there is a team-mate (Target Man) who stays in the opponent's end zone with no defender. A team scores if the Target Man receives the ball in the end zone.



• Four Goals

A variation of a standard game of futsal with the difference that each team has 2 goals to defend instead of one.





Futsal Festivals

Futsal festivals aim to provide a great futsal experience for a large number of children. They will not only have a chance of participating in games but senior students can also be involved in the organization of the event. Futsal festivals provide an excellent opportunity for kids to get introduced to the game and make new friends. A school should also consider inviting children belonging to other schools and organisations to participate in the event.

Essential components of a successful futsal festival are:

- Fun, exciting games and activities to introduce children to futsal
- Inclusive environment and equal participation encouraging good attitudes and behaviour
- Encouraging maximum participation
- Allow players to express themselves through the game

Festival planning and organisation

Planning

- Announcement and communicate the event to prospective participants, including date and time, venue and registration process
- Consider minimum and maximum number of participants to be invited for better execution during the festival
- Prepare festival program and schedule
- Organise pitch for workshops and games, including rotation of groups during the festival
- Organise facilities and equipment. Clean toilets, first aid kit and personnel and water stations are a must.
- Organise staff and volunteers and assign roles to them

The festival

- The space and time required for the festival are determined by the number of teams and the facilities available.
- The organisation of the pitches and the number of stations (workshops and games) will have to be considered
- Duration of a festival: a maximum of two and a half hours. There should be adequate breaks in between for the children

Workshops and games

- Workshops can focus on skills and games can focus on interaction with the ball and other players but both should ensure enjoyment and learning
- The dimensions of the pitches depend on the number of players and their age.
- The games and activities area must be marked out and numbered.
- The dimensions of the goals can vary from pitch to pitch.
- Matches may be played with or without goalkeepers.
- The organiser must specify the types of workshop or games at each station

Equipment

Marking out the pitches: tapes, cones, marker discs or lines are all options.

Bibs: There should be enough bibs for each station

Balls: A size 3 futsal ball is ideal for children. Size 4 can be used if Size 3 is not available but it must be a futsal ball.

Goalposts: 3x2m is the maximum size that can be used

Cones: Different colours, sizes and types of cones come in handy to mark areas or assign goals if goalposts are not available

Participants

- If possible, there should be only one age group per festival.
- Each team should have a team manager. This could also be a senior school student.
- All genders play together.
- The teams must not have more than seven players so that everyone gets to play.

Activities

- The children should not remain on the same pitch at the end of an activity. Instead, they should move from one pitch to another in the appropriate direction.
- There should be a rotation of the goalkeepers and substitutes.
- Only the children and the team managers are allowed on the pitches. Parents, coaches and supporters are not allowed on the pitches. Let the children play on their own.
- There is no referee. The team managers / coach-educators supervise the games from the edge of the pitches. For this reason, the pitches should be close to one another.
- The festival organiser may appoint a coach-educator to run a workshop. Otherwise, this role is assumed by the team managers.
- The results are not recorded. There is no classification!
- Make the festival lively and keep everyone engaged.



The organiser's role in the festival

Welcome and information

- The organiser welcomes the team managers, coach-educators and volunteers conducting the festival
- Half an hour before the activities start, the organiser informs the teams of the arrangement of the pitches and the rotation of teams.
- Each team manager must be given a plan showing the organisation of the pitches and the rotation of the teams to make sure that the festival runs smoothly.
- The organiser should emphasise the rules of fair play on and off the pitches, mainly for the benefit of the parents and other adults rather than the children.

During the festival

- The organiser should take up a position at the centre of the space used for the festival.
- This position should be the best location to facilitate contact with all

- the team managers (to answer questions, give instructions, etc.).
- The organiser sets the duration of each rotation and indicates the start and finish of the games and exercises by an audible signal.

End of the festival and review

- At the end of the festival, the organiser calls all the teams and managers together in the middle of the area.
- The organiser makes a closing speech (thanking the children for their participation, efforts, exemplary fair play and also thanking the team managers, parents, supporters, etc.).
- The team managers are also invited to speak and make a brief analysis of the festival.
- Everybody involved should use the experience to make subsequent festivals better by improving the organisation, setting up and quality of the activities

Competitions

Children and the youth can also be given exposure to competition however the main purpose of the event should be development and not winning. Competitions should be organised in such a manner that everyone has fun and feels safe, included and appreciated irrespective of age, ability or background. Tournaments could be intra-school or inter-school; they could also be a community events. Girls and boys of the same age and abilities could play together as well.

Golden Baby Leagues

For children aged U6 to U12, a Futsal Golden Baby Leagues can be organised. For more details, please refer to the latest Golden Baby Leagues Handbook from www.the-aiff.com

Youth Competitions

Please refer to the Tournament Guide section to organise youth competitions in the school. The Competition should be organised in a League format to give a maximum and equal number of matches to all teams involved. Age groups also have to be defined for the Competition.

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